



II Torneio Fundação CNL Cidade de Leiria - Absolutos  
Leiria, 4 - 5/11/2023

Prova 2

Masc., 400m Livres

Absolutos (JUV+JUN+SEN)

05/11/2023 - 9:07

Resultados Final

Rec Nac Open	3:42.57	Jose Paulo, LOPES	POR	Abu Dhabi (UAE)	16/12/2021
Rec Nac SEN	3:42.57	Jose Paulo, LOPES	POR	Abu Dhabi (UAE)	16/12/2021
Rec Nac 18	3:50.52	Adriano Miguel, NIZ	CFV	Fafe	26/06/2004
Rec Nac 17	3:56.54	Rui Filipe, COSTA	VSC	Felqueiras	24/11/2007
Rec Nac JUV A	3:58.82	Diogo Matos, RIBEIRO	CUC	Mealhada	07/12/2019
Rec Nac JUV B	4:01.42	Rui Silva, PEREIRA	POR	Tomar	15/01/2023

Pontos: FINA 2023

Lugar	Ano	Tempo final	Pts	Pontos
1. Leonardo Jose, CRUZ	07 Alcobaca	4:08.06	626	12,00
<i>Atleta mais pontuado na FINAL (FINA 2023)</i>				
50m: 28.63 28.63	150m: 1:31.10 31.52	250m: 2:34.23 31.53	350m: 3:37.77 31.81	
100m: 59.58 30.95	200m: 2:02.70 31.60	300m: 3:05.96 31.73	400m: 4:08.06 30.29	
2. Filipe Miguel, GOMES	97 CNLeiria	4:08.51	623	9,00
50m: 28.08 28.08	150m: 1:30.44 31.49	250m: 2:34.23 31.88	350m: 3:37.83 31.65	
100m: 58.95 30.87	200m: 2:02.35 31.91	300m: 3:06.18 31.95	400m: 4:08.51 30.68	
3. Afonso Dinis, ROQUE	07 CNLeiria	4:15.98	570	7,00
50m: 28.75 28.75	150m: 1:32.05 32.04	250m: 2:37.19 32.67	350m: 3:43.88 33.16	
100m: 1:00.01 31.26	200m: 2:04.52 32.47	300m: 3:10.72 33.53	400m: 4:15.98 32.10	
4. Joao Ferreira, MARQUES	06 Academica de Coimbra	4:19.21	549	5,00
50m: 28.91 28.91	150m: 1:34.09 32.86	250m: 2:40.04 32.98	350m: 3:46.48 33.36	
100m: 1:01.23 32.32	200m: 2:07.06 32.97	300m: 3:13.12 33.08	400m: 4:19.21 32.73	
5. Francisco Marques, SIMOES	07 CNLeiria	4:22.21	530	4,00
50m: 28.94 28.94	150m: 1:34.26 33.29	250m: 2:41.87 33.52	350m: 3:49.87 34.08	
100m: 1:00.97 32.03	200m: 2:08.35 34.09	300m: 3:15.79 33.92	400m: 4:22.21 32.34	
6. Goncalo Pereira, COLACO	07 CNLeiria	4:23.30	523	3,00
50m: 29.22 29.22	150m: 1:35.22 33.73	250m: 2:43.04 34.10	350m: 3:51.02 33.61	
100m: 1:01.49 32.27	200m: 2:08.94 33.72	300m: 3:17.41 34.37	400m: 4:23.30 32.28	
7. Luca Valentino, TONA	06 Pimpoes/Cimai	4:24.02	519	2,00
50m: 29.19 29.19	150m: 1:35.34 33.62	250m: 2:43.19 33.98	350m: 3:51.01 33.57	
100m: 1:01.72 32.53	200m: 2:09.21 33.87	300m: 3:17.44 34.25	400m: 4:24.02 33.01	
8. Joao Moura, FRANCISCO	07 CNLeiria	4:25.08	513	1,00
50m: 29.32 29.32	150m: 1:35.56 33.51	250m: 2:43.21 33.52	350m: 3:51.62 34.53	
100m: 1:02.05 32.73	200m: 2:09.69 34.13	300m: 3:17.09 33.88	400m: 4:25.08 33.46	